

5 A Day Recipes

Snacks

Orange-Yogurt Dip for Fresh Fruit

Serves 4

- 1 carton (8 ounces) low fat plain yogurt
- 2 tablespoons honey
- grated peel of ½ orange
- 2 oranges, peeled, segmented
- 1 medium apple, unpeeled, sliced*
- 1 medium banana, peeled, cut into chunks

In small bowl, combine yogurt, honey, and orange peel. Serve as a dip with oranges, apple and banana.

*Sprinkle cut apple and banana with a small amount of orange or lemon juice to prevent fruit from darkening.

Nutritional Analysis

Calories: 148

Fat: 8%

Cholesterol: 4 mg

Fiber: 3 gm

Sodium: 44 mg

This is an official 5 a Day recipe, and provides four people with one serving of fruit each.

This recipe is provided by Sunkist Growers, Inc.